

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2017

EMMITSBURG SENIOR CENTER

Lumbel@frederickcountymd.gov 301-600-6350

			1 Wii games 9-3 Chair Exercise @10 Cards & games	2 Wii games 9-3 Strength Training @10 Cards games & puzzles	3 Food Distribution @ FSC 1pm Chair Exercise @ 10 Canasta @ 12:30	4 (FSC) Frederick Senior Center
5 Pickle Ball in Gym Mondays @ 3pm	6 Chair Exercise @ 10am Bowling @ 1:30 Art class 1:30-3	7 Golf or Bowling on Wii 9-3 Strength Training @10 Rebuilding Together 11am	8 Wii games 9-3 Chair Exercise @ 10 Bridge @ 12	9 Wii Golf or Bowling 9-3 Strength Training @10 Nutrition @11 Canasta @12	10 Chair Exercise @ 10 Canasta @ 12:30 Computer games, cards & puzzles	11 St. Patrick's Party Wear green & WIN !!
12 Donna Corbus Recycling Program Analyst <small>Purim Daylight Saving Time Begins</small>	13 Coffee & Danish @9am Chair Exercise @ 10am Bowling @ 1:30 Art class 1:30-3	14 Golf or Bowling on Wii 9-3 Strength Training @10 Recycling Program @ 11	15 Wii games 9-3 Chair Exercise @ 10 Cards games & puzzles	16 Wii games 9-3 Strength Training 10-11am I & A with Elly Appointment needed 10-1pm	17 Chair Exercise @ 10 Wearin of the Green Party 12-2 Canasta @ 12:30 <small>St. Patrick's Day</small>	18 Joy Rowe with MAP will speak March 14th 12 noon
19 Nurse Steve Why do I have trouble walking? Balance & Falls prevention.	20 Coffee & Danish @9am Chair Exercise @ 10am Bowling @ 1:30 Art class 1:30-3	21 Golf or Bowling on Wii 9-3 Strength Training @10 Nurse Steve @ 11	22 Chair Exercise @ 10 Bridge @ 12 Cards, games & puzzles	23 Wii games 9-3 Strength Training 10-11am Music with Pete & Betty @12	24 CABIN FEVER DAY!!! 10-2:30pm @ FSC	25
26	27 Coffee & Danish @9am Chair Exercise @ 10am Bowling @ 1:30 Art class 1:30-3	28 Golf or Bowling on Wii 9-3 Strength Training @10 Cards Games & Puzzles	29 Wii games 9-3 Chair Exercise @ 10 Cards, games & puzzles	30 Wii games 9-3 Strength Training 10-11am Cards, games & puzzles	31 Chair Exercise @ 10 Canasta @ 12:30 Computer games, cards & puzzles	(MAP) Maryland Access Point

Type the name, address, and other information about your community/company here.